

OCTOBER GROUP EXERCISE SCHEDULE

Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNRDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
	6:30-7:15AM Pilates <i>Marie (10)</i>	6:30-7:15AM Barre <i>Marie (10)</i>	6:30-7:15AM Pilates <i>Marie (10)</i>	6:30-7:15AM Pilates <i>Marie (10)</i>	7:30-8:30AM Restorative Stretch <i>Susan (10)</i>	
	8:15-9AM Cardio Drumming <i>Michelle (10)</i>		8:15-9AM Cardio Drumming <i>Michelle (10)</i>			
8:30-9:30AM Pilates <i>Marie (10)</i>		8:30-9:30AM Pilates <i>Marie (10)</i>		8:30-9:30AM Band Together <i>Susan (10)</i>	9:30-10:30AM Zumba <i>Selene (10)</i>	
		10-10:45AM Cycle <i>Susan - Cycle Rm (4)</i>		10-10:45AM Cycle <i>Susan - Cycle Rm (4)</i>		
	11AM-12PM Primetime Fitness <i>Sherry (10)</i>	10:50 - 11:50 Yoga - All Level <i>Deanna (10)</i>	11AM-12PM Primetime Fitness <i>Sherry (10)</i>	10:50AM-11:50AM Yoga - All Level <i>Deanna (10)</i>		
12:30 - 1:45PM Gentle Yoga <i>Deanna (10)</i>						
				12:50-1:45PM Zumba Gold <i>Michelle (10)</i>		
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
	4:30-5:20PM Lightweight Training <i>Susan (10)</i>	4:30-5:30PM At the Barre <i>Susan (10)</i>	4:30-5:30PM Restorative Stretch <i>Susan (10)</i>	5:00-5:45PM Pilates <i>Marie (10)</i>	(#) Max Participants	Time of class
					Instructor/Location	
6:30-7:30PM Zumba <i>Selene (10)</i>	6:20-7:20 Yin Yoga <i>Cami (10)</i>	6:30-7:30PM Zumba <i>Selene (10)</i>	6:30-7:30PM Zumba <i>Selene (10)</i>		Class TYPE	
					General Class Information	
					Fitness classes are designed for participants 15 years and older.	
					Children 11 years and under are not permitted in fitness classes.	
					Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Classes are open on a RESERVATION base only and are currently at 25% capacity to ensure cleanliness and safety.	
					*Yoga/Stretching mats and blankets will NO LONGER be provided. Please bring your own to class with you. Thank you	
					Classes are Reservation Only. Please call 480-503-6241 to make a reservation for a class	

All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and / or cancellation. Please let the instructor know of any physical limitation or injuries prior to the start of class. KIDDY KORNER HOURS: Closed until further notice.

GROUP EXERCISE CLASS DESCRIPTIONS

At the Barre: A combination of half of the class at the barre and half of the class on the floor with light weights.

Band Together: A class using various types of bands for different types of exercise.

Barre Fit: A full body, targeted toning class designed to create long, lean muscles using Ballet and Pilates inspired moves. Set to fun, upbeat music and incorporates small props to maximize calorie burn and muscle definition.

Bootcamp: A full body workout designed to build strength and endurance through a variety of group intervals. All levels welcome!!

Cardio Drumming: Find your inner Rock Star and drum your way fit. A fun, high energy, low impact, fat burning class using drumsticks and exercise balls that provides a full body workout.

Cardio Sculpt & Stretch: Looking to improve your strength, flexibility, and achieve your desired weight? Try 40 minutes of combined cardio and strength then finish with 20 minutes of stretching!

Core Fit & Toning: This class is designed to work your entire body through your core! This dance inspired body-sculpting method uses high-rep exercises that work your body in multiple angles calling on multiple muscles at once for an intense total body workout all while strengthening your core for lean, balanced body strength.

Dance Jam: A fun, easy to follow, high energy, cardio dance class that will help you blast calories and find your inner dancer!

Express Cycle: Get your cardio in with this 30 minute class designed for all levels. Variable rides will include hills, sprints and end with a stretch.

Gentle Yoga: This class will teach basic asanas, as well as introduce breathwork and relaxation techniques. Shoulders, hips and spines will be targeted as areas to open through slow, deep practice. This class is specifically designed for those individuals who want to bring movement and flexibility to their bodies in a balanced way.

Lightweight Training: A mixture of both standing and floor work

Muscle Conditioning: A weighted workout to the rhythm of music, this class will help you get a cardio workout along with strength & endurance through the use of dumbbells, bands, and flex balls.

Pilates: This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/Pilates mat is recommended for this class.*

Power Cycle: This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

Power Sculpt Fitness: This is a strength training and cardio class designed to strengthen and lengthen your entire body while burning tons of calories. Class includes resistance training, cardio intervals, and flexibility sequences in a unique way using weight, bosu balls, and more!

PrimeTime Fitness: This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the SilverSneaker program.

Sr. Drum : Cardio Drumming . A fun, high energy, low impact, fat burning class using drumsticks that provides a full body workout.

Tone & Stretch/Restorative Stretch: Class is designed to improve muscle strength, tone & flexibility, using a combination of Pilates & traditional toning methods. Learn how to build strength & define muscle using a variety of equipment each week which may include light weights, stability ball, thera bands, & foam roller. Each session will end with a full body stretch. Suitable for all levels.

Yin Yoga: Poses that apply moderate stress to the connective tissues of the body - the tendons, fascia, and ligaments - with the aim of increasing circulation in the joints and improving flexibility. Yin poses are held for longer periods of time - up to five minutes.

Yoga - All Level: This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

Zumba: This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

Zumba Gold: A low-impact, high energy dance fitness class with Latin and World rhythms.